

# Your Personalized Weight Loss Journey Report

Dear Mamba Mental,

We've analyzed your data using our advanced weight loss prediction model. Here's a comprehensive breakdown of your journey:

## 1. Personal Profile

- Start Date: 09/09/2024
- End Date: 12/30/2024
- Age: 46 years
- Gender: Male
- Height: 5'9" (175.3 cm)
- Initial Weight: 245.6 lbs
- Goal Weight: 217.0 lbs
- Initial Body Fat: 30.5%
- Goal Body Fat: 7.0%
- Activity Level: Little to no exercise
- Experience Level: Advanced (4-10 years)

## 2. Metabolic Calculations

- Initial Resting Metabolic Rate (RMR): 3326 calories/day
- Initial Total Daily Energy Expenditure (TDEE): 4215 calories/day
- Thermic Effect of Food (TEF): 74 calories/day
- Non-Exercise Activity Thermogenesis (NEAT): 150 calories/day
- Initial Daily Calorie Intake: 1929 calories/day

## 3. Workout Analysis

- Workout Type: Bodybuilding
- Workout Frequency: 3 days/week
- Volume Score: 0.43
- 0.57 - Moderate volume, in the 40-60th percentile
- 0.00 to 0.20 - Very low
- 0.21 to 0.40 - Low
- 0.41 to 0.60 - Moderate
- 0.61 to 0.80 - High
- 0.81 to 1.00 - Very high
- Intensity Score: 0.80
- 0.80 - High intensity, working close to failure
- 0.00 to 0.20 - Very low
- 0.21 to 0.40 - Low
- 0.41 to 0.60 - Moderate
- 0.61 to 0.80 - High
- 0.81 to 1.00 - Very high
- Frequency Score: 1.00
- 1.00 - Optimal frequency, training each muscle 2-3x per week
- 0.00 to 0.20 - Very low
- 0.21 to 0.40 - Low
- 0.41 to 0.60 - Moderate
- 0.61 to 0.80 - High
- 0.81 to 1.00 - Optimal
- Resistance Training: Yes
- Athlete Status: No

## 4. Body Composition Adjustments

- Initial Lean Mass: 170.7 lbs
- Initial Fat Mass: 74.9 lbs
- Estimated Weekly Muscle Gain: 0.281 lbs

## 5. Weekly Progress Forecast

date	weight	body_fat_percentage	daily_calorie_intake	tdee	weekly_caloric_output	total_weight_lost	lean_mass	fat_mass							
muscle_gain	rmr														
				090924	245.6	30.5	1929.3	4215.15	0	0	170.692	74.908	0	3326.38	091624
241.744	29.3606	2146.37	4215.04	14480.7	3.8561	170.766	70.9775	0.28125	3326.38	092324	237.873	28.1803			
2024.94	4100.8	14531	7.72657	170.84	67.0334	0.28125	3287.81	093024	233.987	26.9564	1903.07	3986.7	14585.4		
11.6126	170.913	63.0745	0.28125	3249.11	100724	230.084	25.686	1780.63	3872.71	14644.6	15.5155	170.985			
59.0995	0.28125	3210.25	101424	226.163	24.366	1657.43	3758.78	14709.4	19.437	171.056	55.107	0.28125	3171.22		
102124	222.221	22.9928	1533.25	3644.84	14781.1	23.3789	171.126	51.0949	0.28125	3132.01	102824	218.256			
21.5623	1407.81	3530.84	14861.2	27.3437	171.195	47.0612	0.28125	3092.59	110424	214.266	20.0699	1280.72			
3416.69	14951.8	31.3344	171.263	43.0028	0.28125	3052.94	111124	210.245	18.5099	1151.44	3302.3	15056	35.3549		
171.329	38.9162	0.28125	3013.03	111824	206.205	16.8816	1080.4	3241.21	15125.7	39.3952	171.394	34.8107			
0.28125	2972.83	112524	202.242	15.2189	1060.97	3182.92	14853.6	43.3579	171.463	30.779	0.28125	2932.42			
120224	198.356	13.521	1041.95	3125.85	14587.3	47.2444	171.536	26.8196	0.28125	2892.8	120924	194.544	11.8922		
1023.32	3069.97	14326.5	51.0565	171.408	23.1356	0.28125	2853.93	121624	190.804	10.2289	1005.09	3015.27			
14071.3	54.7956	171.287	19.5173	0.28125	2815.81	122324	187.162	8.54136	1000	2961.7	13731.9	58.4377	171.176		
15.9862	0.28125	2778.42	123024	184.342	7.15759	1358.52	2909.51	10856.9	61.2585	171.147	13.1944	0.28125	2742		

## 6. Body Composition Changes Over Time

Body Fat Category	Body Fat %	Date Reached	Description	Est. Time to Six-Pack	-----	-----	-----
-----	Obese	30.5%	09/09/2024	Significant excess fat all around	12+ months	Obese	29.4%   09/16/2024
Significant excess fat all around	12+ months	High Body Fat	28.2%   09/23/2024	Excess fat all around, round physique	6-12 months		
High Body Fat	27.0%   09/30/2024	Excess fat all around, round physique	6-12 months	High Body Fat	25.7%   10/07/2024	Excess fat all around, round physique	6-12 months
High Body Fat	24.4%   10/14/2024	Excess fat all around, round physique	6-12 months				
Above Average	23.0%   10/21/2024	No visible abs, excess fat	4-6 months	Above Average	21.6%   10/28/2024	No visible abs, excess fat	4-6 months
Above Average	20.1%   11/04/2024	No visible abs, excess fat	4-6 months	Average	18.5%   11/11/2024	Little muscle definition, soft look	3-4 months
Average	16.9%   11/18/2024	Little muscle definition, soft look	3-4 months	Average	15.2%   11/25/2024	Little muscle definition, soft look	3-4 months
Lean	13.5%   12/02/2024	Some muscle definition, less visible abs	2-3 months	Lean	11.9%   12/09/2024	Some muscle definition, less visible abs	2-3 months
Lean	10.2%   12/16/2024	Some muscle definition, less visible abs	2-3 months	Very Lean	8.5%   12/23/2024	Visible abs, vascularity, striations	3-4 weeks
Very Lean	7.2%   12/30/2024	Visible abs, vascularity, striations	3-4 weeks				

## 7. Metabolic Adaptation

- Week 1 Metabolic Adaptation: 1.00
- Final Week Metabolic Adaptation: 0.83

## 8. Final Results

- Duration: 16 weeks
- Total Weight Loss: 61.3 lbs
- Total Body Fat Reduction: 23.3%
- Final Weight: 184.3 lbs
- Final Body Fat: 7.2%
- Average Weekly Weight Loss: 3.83 lbs
- Total Muscle Gain: 4.5 lbs
- Final Daily Calorie Intake: 1359 calories
- Final TDEE: 2910 calories
- Final Weekly Caloric Output: 10856.9 calories

## 9. Body Fat Category Progression

- Initial Category: Obese
- Description: Significant excess fat all around
- Estimated Time to Six-Pack: 12+ months
- Final Category: Very Lean
- Description: Visible abs, vascularity, striations
- Estimated Time to Six-Pack: 3-4 weeks

## 10. Insights and Recommendations

- Your metabolic rate adapted by 31.0% over the course of your journey.
- You maintained an impressive 100.3% of your initial lean mass.
- Your muscle gain rate averaged 0.281 lbs per week, which is good.
- Based on your final body fat percentage, you're now in the Very Lean category.
- To maintain your results, consider a daily calorie intake of 2910 calories.

## 11. Next Steps

- Continue with your current plan.
- Consider adjusting your protein intake to 147 g/day to support lean mass.
- Your next ideal body composition goal could be 5.2% body fat.

Remember, this journey is a marathon, not a sprint. Celebrate your progress and stay committed to your health and fitness goals!

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